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MAKING AMENDS? ER, SORT OF ...

BACK AT CITY HALL AFTER TWO MONTHS IN REHAB, T.O.'S MAYOR ROB FORD TALKS DRUGS, HIS FITNESS FOR OFFICE AND ALL THOSE THINGS HE SAID **PAGE 8**

'If you fall, you will not break'

Founder of Ottawa Stilt Union on the art of stilting, and why it's just more magical **PAGE 12**

Fight frizz with pretty plaits

Braids are an easy way to stay cool and look pulled together when the mercury rises **PAGE 14**

NO HAIR BANDS

LIVE 88.5fm



Philadelphia Flyers centre Claude Giroux, seen here in an NHL playoff game on April 25, 2014, is reported to have spent an evening in an Ottawa jail cell after an alleged encounter with a police officer. BRUCE BENNETT/GETTY IMAGES

Flyers given tip on Giroux arrest by cops

Media shut out. Police reach out to NHL team while refusing to confirm arrest to journalists



TREVOR GREENWAY
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Claude Giroux's NHL team, the Philadelphia Flyers, got the inside track on police information about his Canada Day arrest and lack of charges, even as other members of the public were shut out by the force's media relations team, who said Wednesday they couldn't comment on the situation unless charges were laid.

An Ottawa police media log emailed to media by mistake Wednesday evening confirmed Giroux's arrest and the fact he wouldn't be charged.

But the force wouldn't confirm those details to local reporters — many of whom camped out for hours in front of the Elgin Street police detachment to ask the NHL star if he really did grab a male police officer's bum at an Ottawa club July 1 as alleged in media reports.

"In relation to the arrest of Claude Giroux (NHL player), which was not confirmed to media, MRO received calls from ABC News, NBC News, CBS News, Philadelphia Inquirer, Comcast Sports, CNN, CSN PhiladelphiaSportsnet, CBC, Sun and Radio Canada, TVA, 104.7fm, Ottawa Citizen, CFRA, Metro Ottawa, 1310 news," the media log read, which was "mistakenly" sent out to all the major news organizations in the city Wednesday afternoon.

"Also in relation to this file, Const. Soucy reached out to the Philadelphia Flyers and spoke

to director of communication Zach Hill and GM Ron Hextall. They were advised that we would keep the same media line, 'We cannot confirm or deny the subject of a police investigation unless charges are laid.' In this case no charges will be laid. The Flyers were advised of the outcome."

Giroux was reportedly partying at The Great Canadian Cabin in the ByWard Market for Canada Day when he allegedly grabbed the buttocks of a male officer several times.

Pat Brisson, Giroux's agent, did not immediately respond to an email seeking comment.

Giroux, a native of Hearst, Ont., who lives in the Ottawa area, was a finalist for the Hart Trophy as NHL MVP this past season. The 26-year-old had 28 goals and 58 assists in leading the Flyers to the playoffs.

WITH FILES FROM THE CANADIAN PRESS

TODAY'S TIP

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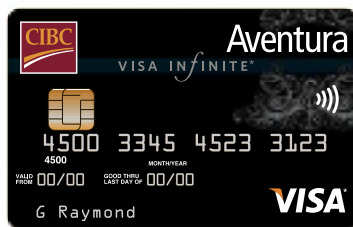
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Licensed summer patio stirs up Glebe neighbours

Erling's Variety. City committee OK's patio but local residents worry about noise and other issues



LUCY SCHOLEY
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A restaurant in the Glebe could eventually offer a summer patio for sipping suds — but with a 9 p.m. curfew.

Erling's Variety is planning to beef up business with a patio, but several neighbours are concerned about noise, smoking and parking issues. The city's transportation committee approved the project Wednesday, but on the condition the patio would be cleared by 9 p.m. (the original plan set an 11 p.m. curfew) and the owner put up a privacy screen on the side that borders neighbours' homes.

The restaurant sits at 225

Strathcona Ave., a more residential area than the patios where you typically grab a beer in Ottawa.

Coun. David Chernushenko put forward a motion that also requires staff and patrons to smoke away from the homes and closer to Bank St.; for the restaurant owner to install a "butt stop" ashtray in the area, and to ensure that suppliers do not block traffic or do deliveries on Sunday mornings.

"I felt that we could do more for the concerned neighbours by adopting quite strict conditions and reminding the owner that these are conditional, not just for re-approval next year," he said.

Council still needs to approve the patio.

Conditional

"It could actually be rescinded at any time."

Coun. David Chernushenko about the strict conditions imposed on the patio licence



Several Glebe residents are worried that a planned patio at Erling's Variety will cause too much noise and smoke.

LUCY SCHOLEY/METRO

Public Works fined \$300K for fatal blast



The Ottawa courthouse. SEAN MCKIBBON/METRO

An Ontario court sentenced Public Works and Government Services Canada on Wednesday to pay a fine of \$300,000 over a fatal heating plant explosion in 2009.

On Oct. 19, 2009, Cliff Central Heating and Cooling plant supervisor Peter Kennedy was killed and two men were injured when a defective boiler

he had reignited exploded. The plant heats 50 buildings in the Parliamentary Precinct. Labour Canada investigated the incident and charges under the Canada Labour Code were recommended by the Public Prosecution Services of Canada.

In 2012, Public Works pleaded guilty to three charges.

Public Works said it would

not comment on the ruling.

"The Labour Program initiates prosecutions to demonstrate that serious violations are unacceptable and to ensure that employers and employees comply with the Canada Labour Code," wrote federal spokesman Pierre Nolet in an email to Metro.

DENIS ARMSTRONG/METRO

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Craving fresh music? Bluesfest side stages are 'the places to be'

Chinese reggae? Side venue music at festival to include electronic rock, alternative pop, and sci-fi rap



TREVOR GREENWAY
trevor.greenway@metronews.ca

Concertgoers may be keyed up for main headliners at Bluesfest like Lady Gaga, Queens of the Stone Age, and Foreigner, but true music heads looking for fresh sound will likely be hanging around the side stages where the up-and-comers of the world will be showcasing their brilliant talent.

Kelly Symes, part of the Bluesfest programming crew, says a lot of minds will be blown when concertgoers stroll by the side venues such



Sarah Barthel of Phantogram performs onstage during the Firefly Music Festival on June 22, 2014 in Dover, Delaware. Bluesfest organizers say Phantogram are among a crop of up and coming bands who are set to wow concertgoers. THEO WARGO/GETTY IMAGES

as the River Stage and the Black Sheep Stage.

"If you are open-minded

and want to go catch new, fresh music, then the side stages are the places to be,"

said Symes, also the daughter of Wakefield music man Paul Symes of the Black

Sheep Inn.

It's bands like Winnipeg's Royal Canoe, and New York

based electro synth-poppers Phantogram that will likely be music to aficionados' ears throughout the festival, which runs July 3-13.

If indie rock isn't your jam, how about Chinese reggae when Long Shen Dao takes over the River Stage July 12?

"We had (Long Shen Dao) at the Sheep last year and they knocked my socks off, I couldn't get over it," added Symes. She also mentioned sci-fi rap group Deltron 3030, up-and-comer Jake Bugg and local alt-pop duo Boyhood, who bring their experimental noise project to the Black Sheep Stage July 6.

"They are just getting bigger and bigger," said Symes, referring to Boyhood. "They are a local band that I can't wait to see live, because I have just been hearing so much about them."

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Think about it...it all has to go somewhere.



Some 80 amateur comics will vie to be the winner of the coveted Fatty Arbuckle Cup. CONTRIBUTED

Yuk Yuk's. 80 amateur comedians to battle in comedy competition

How many standup comedians does it take to tell a joke?

I mean a good joke.

Starting on July 2, Yuk Yuk's comedy club will be hosting its annual Summer Comedy Competition, a gruelling eight-week competition beginning with 80 of Ottawa's most promising standup comedians.

Then, every Wednesday, under the appraising gaze of celebrity judges, 10 comedians will battle it out in a winner-take-all game of comedy survival until Sept. 3, when there is only one standup comedian left standing.

The winner will take home \$500 in cash, receive a week-end of paid spots at the Elgin St. club and bragging rights as the third winner of the coveted Fatty Arbuckle Cup. Previous Cup winners are Adrian Cronk and Alex Wood.

"This is like football training camp for comedians," said Yuk Yuks partner Dan Shields. "Only the funny survive."

Also coming to Yuk Yuk's are comedian Tom Green on Sept. 10 and former WWE wrestler and best-selling author Mick Foley on Oct. 23 and 24. DENIS ARMSTRONG/FOR METRO

Project going to council

Bike path for St. Patrick Street awaiting approval

City cyclists could have a new bike route along St. Patrick Street this season.

On Wednesday, the transportation committee approved a three-metre-wide pathway, roughly 300 metres long. It would run north of St. Patrick Street, between Cobourg and Beau-seuil streets.

Rideau-Vanier Coun. Mathieu Fleury said these little connector cycling routes are "crucial."

"It's fine to have dedicated cycling facilities on the arterial roads, but if you can't get to them in the residential street, then people won't use their bikes," Fleury said, following the meeting.

The cost of tearing up the sidewalk and putting in the pathway would amount to about \$150,000. Those funds would come from cost surplus in other projects.

The goal is to build the pathway this season, but if funds fall short, it will be pushed back to 2015.

The project will go to council for approval.

LUCY SCHOLEY/METRO

Chiasson has 'big potential,' Sens general manager says

High expectations for newcomer. Chiasson was the only Dallas roster player the Senators received in Spezza trade

Alex Chiasson set his own lofty expectations by being just the seventh player in the NHL's modern era to score nine or more goals in his first 10 games.

Getting traded to the Ottawa Senators from the Dallas Stars for star centre Jason Spezza and being counted on to produce in a top-six role only raised them even further.

Chiasson welcomes the challenge.

"It's pretty neat when a team goes and trades a big name and the big player like he is to a different team and they're looking for you. It definitely means a lot," he said

on a conference call Wednesday. "As for pressure, I'm not too worried about that... I know what kind of player I am, and I'm going to be the same player that I was when I was successful in Dallas and I'm going to try to bring it to Ottawa."

Chiasson was the only roster player the Senators received in Tuesday's Spezza deal, along with forward prospects Nicholas Paul and Alex Guptill and a 2015 second-round pick.

"Chiasson is a young, big strong guy that has big potential, we think," general manager Bryan Murray told reporters Tuesday. "It looks like he has an ability to score points and goals, and he's a hard-working kid."

Murray likes how Chiasson fits in with the rest of the group currently assembled in Ottawa, which will have to work for points rather than rely on one or two players to produce them.

The 23-year-old right-

winger could slide in on the second line, just behind Bobby Ryan on Ottawa's depth chart. A conversation with Murray encouraged Chiasson about what his role will be with the Senators.

"I think the opportunity is there for me to jump in," Chiasson said. "But at the same I've never taken anything for granted, I think I've always worked for the things that I've gotten so far. But it's really exciting. I think you look at the players and they have a really good group of guys on board, a lot of talent, a lot of speed."

After losing Spezza and Daniel Alfredsson within the past year, there's also less high-end talent. Chiasson showed in one brief flash that he has the ability to provide that.

Chiasson scored seven goals in his first six games with the Stars in the 2013 season, then scored in each of his first three this past season. **THE CANADIAN PRESS**



The Dallas Stars' Alex Chiasson chases a puck as the Nashville Predators' Mattias Ekholm defends against him on March 28 in Dallas. TONY GUTIERREZ/THE CANADIAN PRESS

Sens could win in long run on Spezza deal: Analyst



Is this Mika Zibanejad's year to shine? FRANK FRANKLIN II/THE ASSOCIATED PRESS

The Ottawa Senators may not have come out on top with the Jason Spezza deal, but hockey experts say it's just "par for the course" when dealing away big stars.

The Senators shipped their captain to Dallas in exchange for forward Alex Chiasson, a second-round draft pick next year, and two young prospects — Alex Guptill and Nick Paul — who could have promising careers ahead of them.

The question is are the Senators a better team after dealing away their star centre? The short answer: no; the long

answer: yes.

"You are not going to win the trade — you are not going to be a better hockey club immediately after making this trade, that's impossible," TSN 1200 co-host Steve Lloyd told Metro Wednesday, a day after the Spezza trade.

"The only way you win these deals is you play the long game. Hopefully, you take that second-round pick and that turns into something great. Or one of these young kids develops or Chiasson takes off in the future."

Spezza, who had just 23

goals and 66 points in 79 games last season with the Senators, requested a trade after he failed to lead his team to the playoffs for the first time since 2011.

Sens GM Bryan Murray said recently Spezza didn't like "that the fingers are pointed at him quite often in Ottawa," and he wanted out. He got his wish on Canada Day and is off to Dallas.

With Chiasson not quite expected to fill Spezza's shoes, Murray says he is working on another deal to bring another NHL-ready forward to help fill the void of losing the team's

top centre and captain.

It also opens the door for some younger Senators, namely centre Mika Zibanejad, who Lloyd expects will see lots of ice time this year.

"He is going to get an opportunity. He is not going to be bouncing around to the wing. He is going to play centre," added Lloyd.

"It's Zibanejad's time."

Murray could make a deal for another top-six forward in the next day or so with rumoured teams Buffalo, Chicago and St. Louis in the mix.

TREVOR GREENWAY/METRO

Childcare registry replaced

City unveils online daycare sign up

The city of Ottawa has announced a new online childcare registry and wait list that will replace the old phone-based system.

The new software replaces the city's centralized waiting list that was implemented in 2004. Plans for the new

system began in 2013.

The new system "deals with today's parents who are looking to use technology," said Aaron Burry, general manager of the city's community and social services.

Users can create an online account where they can update their information at any time, he said.

Previously, the city worked with Child Care Information, an agency where parents or

guardians could call and place the names of children in need of daycare on a wait list.

The new software has more features such as being able to process subsidy applications, Burry explained.

Nine other municipalities have implemented the new software, Burry said.

About 1,000 people have registered with the new software he said, as the website launched on June 11 and ran

tests before it was announced on July 2.

Those previously registered on the centralized waiting list will need to activate their new online profile by Dec. 31 in order to keep their original application date. The city will be contacting those on the old list from June to September to notify them of the change.

The website can be found at ottawa.ca/daycare.

AMY YEE/FOR METRO

Highway Traffic Act

Speeding ticket fines could double in school zones

Speedy drivers may see fines double in Ottawa school zones.

Coun. Allan Hubley is requesting that the Highway Traffic Act be amended to include the doubling of

fines in school areas.

The fines for speeding in school zones are already almost double that of in standard zones.

According to the Highway Traffic Act, driving more than 10 km/h over the limit in a standard zone would be a \$40 fine, whereas the same speed in a school zone could rack up a \$70 fine.

LUCY SCHOLEY/METRO

Israeli settlers accused of murdering an Arab teen

Reprisal? Palestinian President Abbas said it's clear extremist Jews murdered the teen and he called on Israel for justice

The Palestinians accused Israeli extremists of abducting and killing an Arab teenager and burning his body Wednesday, sparking hours of clashes in east Jerusalem and drawing charges that the youth was murdered to avenge the killings of three kidnapped Israeli teens.

Seeking to calm the explosive situation, Israeli Prime Minister Benjamin Netanyahu urged a swift inquiry into the "reprehensible murder" and called on people to respect the rule of law. Palestinian President Mahmoud Abbas said it was clear extremist Jewish settlers were respon-

sible and called on Israel to bring the killers to justice.

"The settlers have killed and burned a little boy. They are well known," Abbas said, accusing Israel of tolerating settler violence toward Palestinians. The death added to tensions caused by the killings of the three Israeli teens, whose bodies were found Monday.

THE ASSOCIATED PRESS

AUGMENTED REALITY

→ Scan the photo with your Metro news app to see a slideshow of photos from Wednesday's clashes in Jerusalem between Palestinians and Israeli soldiers following the suspected abduction of an Arab teen.



→ See the full instructions on Metro's Voices page.



Palestinian man argues with Israeli police on Wednesday. THE ASSOCIATED PRESS

U.S. Bipartisan report endorses some Internet monitoring as 'valuable'

An oversight board has given its endorsement to some of the U.S. National Security Agency Internet surveillance programs that were revealed last year after leaks by former NSA contractor Edward Snowden.

The new report, which the five-member bipartisan Privacy and Civil Liberties Oversight Board adopted, found that the National Security Agency's collection of Internet data within the U.S. passes constitutional muster

Legal and reasonable

The oversight board, including a Democratic federal judge, two privacy experts and two former Republican Justice officials, found the NSA monitoring was legal and reasonable.

and employs "reasonable" safeguards designed to protect the rights of Americans.

THE ASSOCIATED PRESS

Heightened al-Qaida risk

Tighter security at some airports

The United States has ordered tighter security at some foreign airports offering direct flights to the United States, the American Homeland Security secretary said Tuesday. Intelli-

gence officials are concerned about new al-Qaida efforts to produce a bomb that would go undetected through airport security. America has picked up indications that bomb makers from al-Qaida in Yemen have travelled to Syria to link up with al-Qaida there.

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Toronto Mayor Rob Ford in an executive committee meeting Wednesday. CHRIS SO/TORSTAR NEWS SERVICE

Putting the focus on Ford

Toronto's Mayor Rob Ford returned to city hall this week after two months in rehab, pleading for a second chance. He sat down Wednesday with a handful of television networks for one-on-one interviews.

THE CANADIAN PRESS

ON DOING DRUGS

The stress of running Canada's largest city is not what drove Rob Ford to substance abuse, he said Wednesday. Ford told CBC he has been under the influence of alcohol while at city hall as mayor, but never used drugs there.

He was adamant that his professional life is not what prompted his substance abuse, saying he was born with a disease and he will die with it.

"I think people don't understand the triggers and cravings," Ford said. "Some people blame it on their job. This is a disease that was not this job."

ON HIS FITNESS FOR HOLDING OFFICE

Ford said he drank and did drugs "for years" before he was elected mayor. The drugs he used ran the gamut, he said, telling TV station CP24 that he had done mushrooms, marijuana and "everything you can think of," but not heroin.

When asked if someone with uncontrolled cravings is fit for the office of mayor, Ford insisted the job is not one of his triggers.

Ford would not commit to resigning if he relapses, saying only that he is taking it one day at a time.

"I did not drink yesterday and I haven't drank today," he said.

ON THE POLICE INVESTIGATION

Ford has vowed to no longer associate "with the criminal element that's before the courts," but said on the advice of his lawyer he still will not consent to an interview with the police. Toronto police spokesman Mark Pugash said Wednesday the criminal investigation into the mayor is ongoing.

The embattled mayor also admitted he was smoking crack cocaine just days before he left for rehab, confirming that was the substance in a pipe he was seen holding in a video image obtained by the Globe and Mail.

ON MAKING RACIST, HOMOPHOBIC SLURS

Ford also said the disease makes people say and do things they otherwise wouldn't do and he offered a blanket apology for using ethnic slurs and making reportedly homophobic remarks.

"Everything I said while I was using — I offended a lot of people and all I can do is apologize and say sorry," Ford told CP24 when asked if he would apologize to Toronto's "diverse community."

"I cannot change the past and I think that covers everyone that you just mentioned."

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War crimes

Memo suggests U.S. had no basis to charge Khadr

A previously secret memo on CIA involvement in drone killings is casting new doubt on whether the American government had any legal basis to prosecute Canada's Omar Khadr for war crimes.

In fact, Khadr's lawyers argue in new filings to the U.S. Court of Military Commission Review, the document by the Department of Justice emphatically rejects any such legal foundation, and say his convictions at Guantanamo Bay should be set aside immediately.

In the detailed opinion several months before Khadr pleaded guilty before a military commission, the office of legal counsel in the Department of Justice concluded war criminality turns on a person's actions, not on factors such as whether the person is part of an army or wears a uniform.

"That completely blows away one of the major prongs of the government's theory in all these Guantanamo cases," Sam Morison, Khadr's lawyer, said Wednesday.

THE CANADIAN PRESS



Prairies flood victims trying to keep calm and carry on

Murray Blakwill carries a cooler of food he recovered from his parents' flooded home in Springside, Sask., Wednesday. Nearly 90 communities in Saskatchewan and Manitoba have declared emergencies because of flooding and more than 500 people have been forced to leave their homes. LIAM RICHARDS/THE CANADIAN PRESS

In pictures



1 India. Anniversary for gay rights
A gay rights activist on Wednesday celebrates the fifth anniversary of an Indian court's ruling decriminalizing homosexuality in India. **THE ASSOCIATED PRESS**

2 Egypt. Jailed journo feels hopeless
The family of Mohamed Fahmy, an Egyptian-Canadian journalist convicted on terrorism-related charges, says he doesn't want to put much hope into efforts to free him just yet. **THE ASSOCIATED PRESS**

3 Italy. Protesting Syrian weapons
Women wear hospital masks as they stage a symbolic protest against the arrival of ships carrying Syrian chemical weapons in Gioia Tauro, southern Italy, Wednesday. **THE ASSOCIATED PRESS**

4 California. 3-2-1 ...
A Delta 2 rocket with the Orbiting Carbon Observatory-2 satellite launches at Vandenberg Air Force Base, Calif., Wednesday. **THE ASSOCIATED PRESS**

5 Russia. Low and dry
An employee of the Russian Space Training Center dries the space suits of Russian, American and Japanese astronauts after a simulated water landing near Moscow, Wednesday. **THE ASSOCIATED PRESS**

Target-ing safer environment

'Open carry.' Retailer asking shoppers to not bring firearms into its stores, even where allowed by law

Target is "respectfully" asking its customers not to bring firearms into its stores, even where the practice is allowed by law.

In a statement posted Wednesday on the retailer's corporate blog, interim CEO John Muligan said that Target wants a "safe and inviting" atmosphere for its shoppers and employees.

"This is a complicated issue, but it boils down to a simple belief: Bringing firearms to Target creates an environment that is at odds with the family-friendly shopping and work experience we strive to create," he said.

In many states, carrying unconcealed guns in public is legal.

Molly Snyder, a Target spokeswoman, said that Target's move is a "request and not a prohibition."

"We don't have any plans for proactive communication to guests beyond what Target leadership shared today," she added.

Target does not sell guns in

its stores or on its website.

Target Corp. made the announcement as it faced pressure about its policy on the "open carry" of firearms in its stores. A group called Moms Demand Action for Gun Sense in America gathered nearly 400,000 signatures for a petition asking Target to prohibit shoppers from carrying guns into its stores.

THE ASSOCIATED PRESS

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Porter must pay in cash when it bumps passengers: Agency

Forced to refine system.

Carrier ordered to pay passengers cold, hard cash, not \$500 vouchers for future travel, when passengers are bumped

The Canadian Transportation Agency has ordered Porter Airlines to pay cash to passengers bumped from domestic flights.

The regulator has given the carrier, which operates turboprops primarily from Toronto City Centre Airport, until July 8 to detail the actual compensation.

Porter currently doesn't have a compensation policy for passengers bumped due to overbooking from flights

Air Canada must also pay

Air Canada was previously ordered to pay cash compensation to bumped passengers on domestic flights.

- It pays between \$200 to \$800 in cash, depending on the length of the delay, for flights within Canada and from Canada to the U.S. It pays up to \$650 and \$1,300 for delays involving flights from the U.S. to Canada.

within Canada, but has provided a \$500 voucher for future travel as a "goodwill gesture."

Responding to a complaint

from air passenger rights activist Gabor Lukacs, the agency found Porter's current policy was "unreasonable."

It also ordered the airline to either rebook passengers on Porter or other airlines or provide a free flight back to the point of origin if the bumped passengers no longer wants to continue their travel.

The CTA previously ordered Porter to compensate bumped passengers travelling from Canada to the United States. In that case, Porter must pay twice the total one-way fare or up to \$650 if passengers arrive at their destination one to four hours later than scheduled, and four times the fare or up to \$1,300 if they're more than four hours late.

THE CANADIAN PRESS



Ceili is hoping to squeeze back into her dog sweater

Staff worker Kelli Quinones walks golden retriever Ceili on a treadmill at the Morris Animal Inn in Morristown, N.J., in June. For Ceili, it was easy to fatten up when living with a boy who pushed tasty morsels over the edge of his high chair. The extra weight led Eileen Bowers of Bedminster, N.J., to sign up the more-than-100-pound pooch for a five-day fitness camp last month at Morris Animal Inn. The camp offers swimming, nature hikes, treadmill trots, facials, massages and healthy treats like organic granola, string beans and carrots. THE ASSOCIATED PRESS

Int'l Energy Agency

Electronic devices on 'standby' hog electricity: Report

Billions of electronic devices around the world that are constantly on "standby" are wasting enough electricity each year to power 80 per cent of Canada's needs, says a new report.

And it's only going to get worse, says the International Energy Agency, unless we do something about it.

The report says that demands of businesses and consumers always to be connected comes at a price.

Devices like refrigerators and coffee makers are now being made with connections to the Internet — which means they always have to be powered up to receive instructions.

TORSTAR NEWS SERVICE

Qantas Airways

Plane turns around due to water leak

Water flowed down the aisles and rained down on passengers of a double-decker Qantas Airways flight bound for Australia after a leak that forced the plane to return to Los Angeles late Tuesday, airline officials and passengers on the flight said.

The flight to Melbourne landed safely again at Los Angeles International Airport about an hour after takeoff, the company said in a statement.

Qantas said there were no safety concerns with the leak and that the captain decided to turn the Airbus A380 around in the interest of passenger comfort. THE ASSOCIATED PRESS

Market Minute

DOLLAR
93.75¢ (+0.03¢)

TSX
15,209.79 (+63.78)

OIL
\$104.48 US (-\$0.86)

GOLD
\$1,330.90 US (+\$4.30)

Natural gas: \$4.36 US (+\$0.08)
Dow Jones: 16,976.24 (+20.17)

Canadians FINISH THE SENTENCE

Play Taxi Media, the Canadian based media company with a national ridership of touch screens in taxicabs, asked more than 4,500 riders across the country to finish a series of questions and shares with Metro News their findings.

LOVE:



Thoughts on a riders relationship with their ex demonstrated a strong correlation between men and women feeling that they were much better off without their past lover. In terms of crushes, men and women scored "neck in neck" in noting that most currently do not have a crush but men did score higher when it came to admitting a current crush on a coworker.

LIFESTYLE:



When asked what most riders felt they should change about their current lifestyle, the percentage of men to women who felt they could be a better friend proved equal. The majority of women indicated that they are most keen on going back to school while the bulk of men noted that they felt they needed to slow down on partying. Life also "won't be complete" until the majority of women travel with their male counterparts wanting to finish with more money. Both sexes equally demonstrated the ultimate goal is to get married and start families.

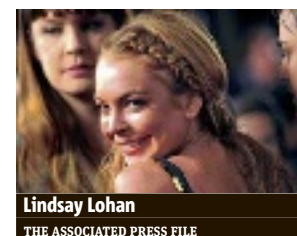
play™
TAXI MEDIA

Lawsuit. LiLo claims maker of Grand Theft Auto stole ... her image

Lindsay Lohan is suing the makers of the Grand Theft Auto video games. The actress says the latest installment used her image and created a character based on her without her permission.

Lohan's lawsuit was filed Wednesday in a Manhattan court.

Grand Theft Auto V game maker Take-Two Interactive Software Inc. and subsidiary



Lindsay Lohan
THE ASSOCIATED PRESS FILE

Rockstar Games declined to comment. THE ASSOCIATED PRESS

Facebook. Details of 'emotional contagion' experiment spreads upset

British data protection authorities are investigating revelations that Facebook conducted a psychological experiment on its users.

The Information Commissioner's Office said Wednesday that it wants to learn more about the circumstances of the experiment carried out by two U.S. universities and the social network.

The researchers manipulated the news feeds of about

700,000 randomly selected users to study the impact of "emotional contagion," or how emotional states are transferred to others. The researchers said the evidence showed that emotional contagion occurs without direct interaction between people and "in the complete absence of nonverbal cues."

The survey provoked an outcry about the ethics of manipulating users' feeds without their consent. THE ASSOCIATED PRESS

GOING BACK TO NOWHERE

I come from nowhere. More specifically, I come from New Brunswick.

I'm taking my girlfriend there in a couple of weeks and she thinks I'm underselling my home province — maybe because I keep saying the three best things are my friends, my family and edible seaweed, not necessarily in that order.

But it's a tricky thing, explaining New Brunswick. I'm finding describing my home province a bit like trying to explain depth to a two-dimensional life form or purple to a blind person. New Brunswick has its pros and cons but to most of the country it's a cipher, an empty space. If it were eliminated from the map by nuclear warfare, all you'd say when you got out of your car is that the drive to Nova Scotia is faster than you remember.



HE SAYS
John Mazerolle
metronews.ca

It's been a problem for people in New Brunswick too, as can be

Think about it. Can you name the best hockey player to come out of New Brunswick? No? In Canada, doesn't that mean it might as well not be there? And what about the best musician from N.B.? The best actor? The most striking landmark? The most famous building? What you like the most? The least? Do you even know what the old Brunswick is?

You might have very positive views about Toronto or Saskatchewan, or you might wish Godzilla would visit those places. But you probably have some idea what it is you are loving or hating.

What springs to mind when you think of New Brunswick? It's like a zen koan, designed to free your mind of conscious thought. It's not a good thing or a bad thing. It's just there. Or not. New Brunswick, the new play by Samuel Beckett.

seen in years of failed advertising slogans so vague as to be meaningless: "Wow!" was one. No, really. It was just "New Brunswick: Wow!" Another was "Be ... In This Place," which really does seem like a zen koan.

And when New Brunswickers aren't being vague, they're trying too darn hard. The province's biggest boosters often seem like people striking up the band so you won't notice the ship is sinking. My hometown, Saint John, has taken to calling itself Renaissance City since I left, which is only accurate in that Saint John often leaves you wondering if you've returned to the 16th century.

Keep in mind, I like Being ... In That Place. It's just no obvious consensus has been reached on what New Brunswick is or what it can be. For most of Canada, it's just nothing, but from a tourism perspective I can laud the French-English mix, whale watching, a couple of great national parks and some beautiful sunsets.

I'm not sure I could move back, but I know there's enough beauty there for me to pull my girlfriend close and whisper sweet New Brunswicks in her ear. Wow.

MILITANTS AT WORK



Iraqis who have fled recent fighting in the cities of Mosul and Tal Afar try to enter a temporary displacement camp but are blocked by Kurdish soldiers on Wednesday in Khazair, Iraq. For more images of refugee life in Iraq over the past week, scan this image with your Metro News app. ALL PHOTOS SPENCER PLATT/GETTY IMAGES

The Islamic State looks to tighten grip on land

Fresh from success in Iraq, a Sunni extremist group tried to tighten its hold Wednesday on territory in

By the numbers

800K

Number of people who have fled the city of Mosul, Iraq's second-largest city, since the Islamic State militants took control, according to the International Committee of the Red Cross in Iraq.

Syria and crush pockets of resistance on land straddling the border where it has declared the foundation of an Islamic state.

The militant group has fed off the chaos and supercharged sectarian atmosphere of Syria's civil war to seize control of a large chunk of territory there. With its recent blitz across Iraq, it has expanded its gains while also effectively erasing the border between the two countries and laying the groundwork of its proto-state.

The group this week unilaterally declared the establishment of an Islamic state governed by Shariah law and demanded that all Muslims pledge allegiance to it.

THE ASSOCIATED PRESS

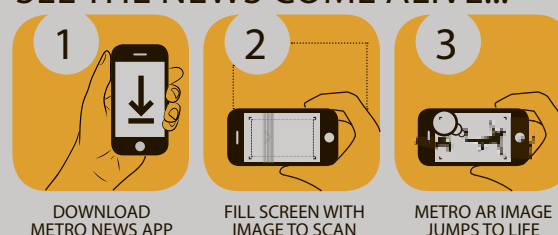
Who are the Islamic State?

The Islamic State of Iraq and Syria, now calling themselves simply the Islamic State, are an al-Qaida breakaway group.

- Extremists have long dreamed of recreating the Islamic state, or caliphate, that ruled over the Middle East and beyond in various forms over Islam's history.
- But ISIS has managed to do what al-Qaida never has — carve out a large swath of territory in the heart of the Arab world and control it.

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 6 in News and page 18 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

- Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
- Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
- Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

This is Verruckt



ANDREW FIFE
andrew.fife@metronews.ca

Behold Verruckt, opening this summer in Kansas City and verified by Guinness as the world's tallest waterslide. After hiking more than 250 steps to the top, riders are strapped in a four-person raft and sent down an early vertical 168-foot drop, because lesser waterslides are for babies.

Obviously, hydrothrillseekers are eager to see what it's capable of, so a park designer and ride engineer rigged a few POV cameras and took it for a spin.

If you're wondering what incredible phrase the Germans managed to squeeze into "verrukt," it just means insane — which is disappointing. (SDG/YouTube)



ISTOCK

Ottawa Stilt Union is riding high at the top of their game

The art of stilting.

Founded by Laura Astwood, this quirky theatre group performs at events all over town



BACKSTAGE PASS

Jen Traplin
ottawa@metronews.ca

Laura Astwood has been practising the art of stilting for 20 years.

It all started for Astwood, now artistic director of the Ottawa Stilt Union, with a three-year performance apprenticeship at the now defunct Primus Theatre in Winnipeg.

"I was very interested in what they did, which was very physical, and one of the tools that they used occasionally were stilts and I wanted to work with them," says Astwood, whose Stilt Union is a bilingual company of performers who work with stilts, acrobatics and other forms of extreme physical action.

"They were looking for extra stilt bodies, so they taught me stilts so I could play a part, kind of a non-speaking extra, in this big performance that they had coming up. I really, really enjoyed it and was good at it right away. I just continued to find opportunities to incorporate it into what I do."

Astwood created the Ottawa Stilt Union in 2007 with a handful of former University of Ottawa theatre students who had attended her workshops on stilting.

The company usually works on one big project a year and

also performs at events all over town. Recently, they were a part of the Canada Day festivities at Major's Hill Park and the Summer Solstice Aboriginal Arts Festival.

"What I like about it so much is that it increases the theatricality of a situation," says Astwood.

"It makes everything more magical and theatrical right away and I like that because I like my theatre experiences to be very exciting and out of the ordinary."

Astwood says being a stilt performer isn't for everyone and certainly requires a fair amount of skill and physical strength.

"You need to be reasonably fit and strong. The stilts that we use are made of wood so there's a certain amount of weight to them. Another main ingredient, though, other than willingness, is that you need to believe that, if you fall, you will not break."

She says the worst injury she has suffered was a stitch on her knee and credits that to being in a heightened state of awareness when she stilts.

"I don't know how to describe it, but that's been my experience. It also looks like it's really far but it's actually not that far to fall. Just a few feet."

For more information, go to ottawastiltunion.ca.

Quoted

"It makes everything more magical and theatrical right away."

Laura Astwood, director of the Ottawa Stilt Union on stilting



The Ottawa Stilt Union performing at Remic Rapids. COURTESY JOHN CEPANO



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That calls for a Carlsberg



Shia LaBeouf ALL PHOTOS GETTY IMAGES

They tried to make Shia go to rehab, he said no, no, no (but did seek help)

A publicist says Shia LaBeouf is being treated for alcoholism. Melissa Kates said Tuesday the 28-year-old actor has not checked into a rehab facility, but is receiving voluntary treatment for alcohol addiction. Kates said in a statement that LaBeouf's recent actions — which include an arrest for disrupting a Broadway play — are symptoms of a larger health problem. She said he has taken

the first of many necessary steps toward recovery. LaBeouf was charged with disorderly conduct, criminal trespass and harassment during a production of Cabaret last week. The actor was arrested for drunken driving in 2008 after he crashed his pickup truck, injuring his hand and knee. LaBeouf is best known for appearing in the first three Transformers films. **THE ASSOCIATED PRESS**

Jewel follows her Intuition, splits with hubby after 16-year relationship

Singer Jewel and her husband are divorcing after a 16-year relationship. The 40-year-old writes in a letter posted on her website that she and Ty Murray want their separation "to be nothing less loving than the way we came together." A representative for the singer confirmed the news Wednesday. Jewel and Murray were married in 2008. They have a son named Kase. Jewel says she decided to write the post — called Dear World — to inform her fans before the news broke in the tabloids. Her hits include



Jewel

You Were Meant for Me, Foolish Games and Intuition. Her 1995 debut album, Pieces of You, has sold more than 12 million units in the United States. **THE ASSOCIATED PRESS**

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



It's hard to Get Her Back when she won't listen to the album

MELINDA TAUB

Metro in New York City

I know I'm not the only one who thinks Get Her Back is kind of gross. I appreciate that Robin Thicke misses his ex-wife Paula Patton, but dude — making a video of a Paula look-alike drowning in a skull mask before flashing the words "This is just the beginning," is unlikely to get you anything but a restraining order.

Luckily, there's one person who hasn't experienced the full weight of Robin Thicke's creepy take

on romance: Paula Patton herself, who hasn't listened to the album. "I don't think she wants to hear it right now," Robin told Hot 97. "I can't speak for her, but I think space is an important part of any healing process."

Kudos to Paula. I imagine there's not much that would hurt Robin Thicke more than refusing to listen to him croon about you.

Paula is making sure that their healing process is spacious indeed. In addition to refusing to listen to his music, she and Robin haven't seen each other in four months. That must take some work, since they share a four-year-old son. Maybe they pass him back and forth wearing blindfolds — and, for Paula, earplugs, in case of any crooning sneak attacks.



Cameron Diaz

It may not be a real sex tape, but Cameron Diaz still bares all in it

Cameron Diaz does something she's never done before in her upcoming movie Sex Tape. She gets naked on camera. It's a first for the 41-year-old actress, who described the experience to Esquire magazine as "just a part of the role." She says her co-star Jason Segel also gets nude onscreen.

In Sex Tape, Diaz and

Segel play a bored married couple who decide to spice things up by filming a sex tape. After it's accidentally leaked, they try to get it back. She also has a labour scene in the film. Diaz has been open about not wanting children in real life, saying she never really wanted to be a mother.

THE ASSOCIATED PRESS

Nicole Scherzinger talks about battle with bulimia

In the new issue of British Cosmopolitan magazine, singer and former Pussycat Dolls member Nicole Scherzinger opens up about her secret struggle with bulimia. "It is such a horrible paralyzing disease and it was such a dark time for me ... It robs you of living your life," she tells the magazine.

Scherzinger hopes that sharing her story will serve as an inspiration for other people who are struggling with an eating disorder. "You can recover and you can get rid of it forever," she says. "I did it and



Nicole Scherzinger

that's why it's so important for me to share my story."

She says that she developed the eating disorder when she was in her early 20s. **METRO**

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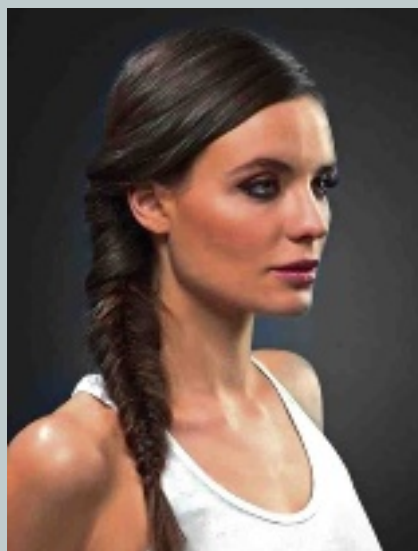
THE
**DOUBLE
DOUBLE**
EVENT

SHOPPERS
DRUG MART

3 braids to beat the heat

City humidity and heat doesn't mean you have to spend summer in ponytails and messy buns. DreamDry senior stylist Faith Huffnagle shares with us three beautiful braided styles that not only look awesome, but keep you cool. Bonus: All three styles are easier to do when your hair is a little dirty, so go ahead and hit snooze.

EMILY LAURENCE
Metro World News



For the beginner braider: The Fishtail

This fishtail braid looks elaborate, but it seriously only takes five minutes to do. Part your hair and divide it into two sections. Huffnagle recommends a side part so your braid will land over your shoulder. Take a small part of the outer section of one of the two sections you divided your hair into and cross it over, adding it to the inside of the other hair section. Then, do the exact same thing with the other side. Keep your braid tight or it will fall out later. When you're done, secure the end with an elastic and pin in any fly-aways. Pro tip: "The smaller the sections are that you pull from the two bigger sections, the more bone-like and delicate the braid will look," Huffnagle says.

For the intermediate braider: The Juliette

The Juliette is perfect if you are going out to drinks with friends or on a date. Start by sectioning the top third part of your hair and dividing it into three sections. Start a regular braid, but after the first pull, drop one of the section parts and weave a new section part in with the other two section parts. You will be adding to the two original sections all the way around your head, dropping one section with each pull, creating the cascading waterfall look. "If a layer ends, just connect it to another piece of hair in the back and continue from there," Huffnagle advises.

Use a curling wand to create the soft waves. "To really highlight the waterfall, curl the small sections cascading from your horizontal braid," Huffnagle says.



For the expert braider: The Bianca

This crown braid has a bohemian music festival look to it that makes it perfect for summer. Start by grabbing a four-inch section of hair behind your ear. Then, divide that section in to three equal parts, like you would to start a normal braid. What makes this outside braid different from a normal braid is that you are constantly moving the centre piece, pulling it over both ways. The front piece ends up joining the back piece, very similarly to a French braid. Keep going around your head by pulling more hair from the top all the way around. As you braid, make sure it's tight; you can pull it apart a little at the end to loosen it up. Once you get all the way around your head, finish braiding any extra hair, secure it with an elastic and pin it behind your ear or in the back. Pull the braid apart a bit to make it look more relaxed.

Keeping your hair summer safe

- For protection during the sizzling summer months, try **Live Clean Monoi Oil Leave-in Treatment**. A blend of rich coconut oil infused with Tahiti's native Tiare flower. Strengthening hair before damage begins, this product tackles the many problems summer throws at your hair — moisture loss, frizz and environmental damage. live-clean.com



Canadian street style

Spotted in: San Juan del Sur, NI

Name: Bonnie

Age: 21

Occupation: OCAD student

What she's wearing:

BDG shoes, skirt from Black Market, Arizia shirt, Brandy Melville sweater and purse

from Value Village.

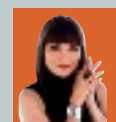
Her inspiration:

"I am inspired by Japanese street culture... and I really love the Spice Girls (specifically Baby Spice and Ginger Spice ... I love platforms and still wear them.)

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JEANNE SPACE
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Oh Canada! Nostalgia reigns supreme this #CanadaDay #cottagelife

Lasso summer with rope accents

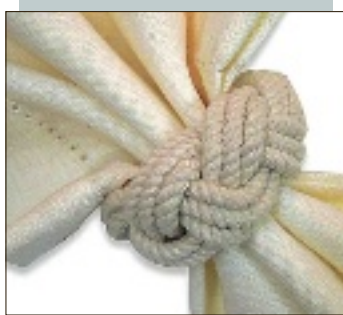
We usually think of natural rope as utilitarian, used to tie down furnishings on moving day or keep parcels tightly sealed. But its rough-hewn texture offers an excellent way to add a relaxed eco-look to interiors. Available in many colours and thicknesses, rope is fantastic for DIY projects. Not so handy? Here are some products (and inspiration) that tie the knot in style.



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Get your napkins in a twist

Set sail for elegant dining. Braided Nautical Rope Napkin Ring, \$4.70, BedBathAndBeyond.ca



Lash your mirror to the wall

Simple wood-framed mirror gets a casual lift from its chunky rope and decorative knobs. Emilio Wall Mirror, \$360, CrateAndBarrel.com

Jute as much as you can handle

Stylist Sibella Court's sleek iron handle gets wrapped in natural jute rope for humble nautical flair. Fixed Rope Handle, \$12, Anthropologie.com



Pendant lamp shows you the ropes

Rope, wood and glass make for an eco-stylish light fixture. Mango Large Hanging Pendant, \$232, VdeVmaison.com

Lay your cords on the table

Mix with blue and white for a nautical inspired luncheon or with silver and gold for an elegant dinner. Vera Wang's Vera Infinity, five-piece place setting, \$155, TheBay.com



Send the ants in your pantry packing

Indoor invaders.

Keep your house from turning into an ant farm with advice from pest control experts

Opening a bag of sugar to find ants crawling about is an experience no one wants to have, yet ants are a common pest many householders battle annually.

Jennifer Murphy, a Victoria resident, had just moved into her new home when she started to think there might be a pest problem. First she found ants in a large bag of sugar, and then while her husband was chopping vegetables he was bitten by an ant, and the pain was so intense he cut himself.

"We were annoyed," says Murphy. "But we knew that because we live in a warm climate, bugs were bound to come around. We had just moved in so we needed to figure out where they were coming from."

The potential entry point and cause of what Murphy believes was a carpenter ant problem was a disconnected dryer vent and a woodpile stacked against the outside wall of the house.

"We moved the woodpile



Ants can be a serious nuisance as they forage for food in cupboards and drawers. ISTOCK

away from the house and connected the vent," she says. "We squished all the ones we found in the house, and that seemed to get rid of them pretty quick."

Ants like moisture

Kurtis Brown, technical supervisor at Victoria Pest Control, says the nesting structure of carpenter and odorous house ants, the two most common types, means there is only so much people can do to avoid a problem.

"Many ants are seeking moisture. Making sure our homes are in good repair, where we fix leaks and we

aren't piling soil over our foundations and on to our siding," says Brown.

Aphids attract ants

To deter ants, avoid planting anything in the garden that will attract aphids. Brown says ants are aphid farmers and will move them from around plants to feed on their droppings.

"If you are going to plant something that are prone to aphids, it's important to make sure the aphid population doesn't get out of control," he says. "The relationship between ants and aphids is important, and it is important to avoid

planting vegetation right next to our houses where aphids and ants can be found."

Satellite colonies

Carpenter and odorous house ants are particularly problematic because of the way they develop their nests and colonies. Brown says carpenter ants, which have one queen, develop satellite colonies where they move larva, which is what is normally found in a home.

"It's a nest, but there is just no queen," says Brown. "That is where the problem lies with carpenter ant control. You're not only dealing with the ants

Ants' colonial power

- People who live in areas with a large odorous ant colony often have a recurring problem.
- "It's really tough to stop odorous house ants," Brown says. "They have the widest nest site tolerance out of all the native ant species, so they can nest almost anywhere. I've found nests in toilet lids, in kitchen cupboards, typical spots like crawl spaces and

attics, even in a radio. That is what really adds in, what makes them so successful."

- When dealing with a persistent ant problem, Brown advises avoiding pesticides as they aren't very effective. If a homeowner suspects carpenter ants have taken up residence he recommends contacting a pest expert. Baiting through ant traps can be successful for odorous house ants.

in the house, but also the constant threat of a parent colony re-establishing a satellite colony in the house. They essentially become a problem because they walk up to the house and walk into it. They walk under the siding, or a power line or up the siding on the outside."

If left unchecked, carpenter ants can eventually cause severe structural problems to load-bearing beams and other parts of the home.

Odorous ants

Like carpenter ants, it is the nesting structure of the odorous house ant that makes them

a concern for homeowners.

"They have a multiple queen and multiple nest site structure," says Brown. "There can be anywhere from one nest with one queen to a colony taking over 60 hectares and one million workers."

While odorous house ants don't cause any physical damage to the home, Brown says they can be a serious nuisance as they forage for food in cupboards and drawers. As their name suggests, odorous ants can also stink. They release a pheromone that smells similar to rancid butter or rotten coconuts. **THE CANADIAN PRESS**

Subtract fish, add mussels and apples for new take on 'fish' cakes

Mussel Potato Cakes with Apple Chutney.

This dish combines unlikely flavours for a delightful combination

"Fish cakes are a staple in the Maritime provinces. Traditionally they were made with salt cod, but now that cod stocks have been depleted, other fish are used," write Alain Bossé and Linda Duncan in their book *Mussels*. "In this recipe, we've replaced the fish with mussels and green tomato chow commonly served with fish cakes with apple chutney."

Apple Chutney

1. Core and dice the apples.

2. In a frying pan, melt the butter over medium heat and add the apple pieces. Bring to a boil, and stir in the brown sugar and cinnamon. Reduce the heat and simmer until the apples are tender, stirring occasionally. Can be served hot or cold.

Mussel Potato Cakes

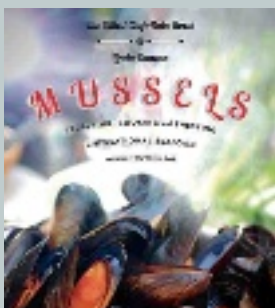
1. Rinse the mussels under running fresh water. Throw away any that do not close.

2. In a large pot, add the apple juice and mussels. Cover with a lid and cook on high for approximately 5 to 6 minutes or until steam is pouring out from under the lid.

3. Let the mussels cool. Remove the mussel meat from the shells and put it in a covered bowl or dish. Reserve half

Cookbook of the Week

Mussel your way through the kitchen



Alain Bossé and Linda Duncan combine their love for mussels in their aptly titled book *Mussels: Preparing, Cooking and Enjoying a Sensational Seafood*.

The release features 77 recipes that range from expected dishes such as apps, salads and mains, to pies and cocktails. Enjoy recipes such as Cajun Mussel Soup, Mussels Carbonara, Coconut and Panko Mussels, Mussel Mac and Cheese, Halibut with Mussel Cream and more. **METRO**

a cup (125 ml) of the broth.

4. Place the onions and mussel broth in a sauté pan and bring to a boil. Reduce the heat to a simmer and cook until the onions are soft and the liquid is reduced by half.

5. Place mashed potatoes, onions, broth, parsley, summer



This recipe serves four. PERRY JACKSON FROM MUSSELS (WHITECAP BOOKS)

Ingredients

Apple Chutney

- 2 medium apples
- 1 1/2 tbsp (22.5 ml) butter
- 1/4 cup (60 ml) packed brown sugar
- 1/4 tsp (1 ml) cinnamon

Mussel Potato Cakes

- 2 lb (1 kg) mussels
- 1/2 cup (125 ml) apple juice
- 1 large onion, chopped
- 3 cups (750 ml) cooked mashed potatoes
- 2 tbsp (30 ml) chopped fresh

- parsley
- 1 1/2 tbsp (22.5 ml) summer savory
- 2 eggs, beaten
- 1/4 cup (60 ml) flour
- 2 tbsp (30 ml) butter



This recipe serves two. PERRY JACKSON FROM MUSSELS (WHITECAP BOOKS)

App. Root Beer Mussels

"This fun recipe is very simple and will definitely bring out the child in you. It might be a neat way to get the kids to try a new food," write Alain Bossé and Linda Duncan in their book *Mussels*.

1. Rinse the mussels under running fresh water. Throw away any that do not close.

2. In a large pot, add the mus-

sels, root beer and shallots. Cover with a lid and cook on high for approximately 5 to 6 minutes or until steam is pouring out from under the lid.

3. Spoon the mussels in a large bowl to serve family-style and pour the broth over-top.

4. Serve with crusty bread and potato chips.

Ingredients

- 2 lb (1 kg) mussels
- 1/2 cup (125 ml) root beer
- 1/4 cup (60 ml) minced shallots

For your phone

From Harvest to Heat (iPad; free)

This journey between farm and kitchen links a dozen recipes with stories of American artisans and



MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

farmers, adding country flavour to roasted trout, tomato galette, and lobster Mac and Cheese.



Blue Cheese Tartine

When it comes to a tartine, the French have a lot to say. It's a small, open-faced sandwich, usually made with a slice of baguette, topped with a variety of meats, cheeses, and vegetables. It's a simple yet delicious snack that can be served at any time of day. This tartine is made with a slice of baguette, topped with a slice of blue cheese, a slice of tomato, and a drizzle of olive oil. It's a simple yet delicious snack that can be served at any time of day.

Blue Bombers refuse to take Redblacks lightly

CFL. Expansion team's veteran QB, experienced personnel draw respect from first regular-season foe

Opposing players are rarely popular in Winnipeg, but quarterback Henry Burris expects a special level of animosity when he leads the Ottawa Redblacks on the field for their first regular-season game as a CFL franchise Thursday at Investors Group Field.

"I'm the most hated man in the Prairies now, I guess," said Burris, who spurned an offer to quarterback the Blue Bombers.

He says he made the decision to be closer to family in Springfield, Mass., but also to be part of something historic — the return of Ottawa to the CFL.

On Thursday, just about everyone cited Burris as the reason the Redblacks have a better shot this season than your average expansion franchise.

Burris tried to downplay

Cramping Willy's style



"You've got to play what your eyes see."

Blue Bombers quarterback Drew Willy says he's not quite sure what to expect in facing the Redblacks' defence on Thursday.

his role with the team.

"I appreciate that, but for me, I go through my guys. I work my butt off to make sure that we're prepared, because when we're all on the same page, especially as an offence, it makes my job that much easier, especially with the guys that they brought in."

He said he has a great receiving corps in players like Paris Jackson, Marcus Henry, Kierrie Johnson, Matt Carter and Dobson Collins.

"They brought in a lot of great weapons for me to get the ball to."

Bombers head coach Mike O'Shea may not know exactly what to expect from the Redblacks on Thursday but he says there are a lot of reasons, including Burris, not to look at them as just an expansion team.

"They're going to be well coached," he said. "Their GM didn't hire guys that don't have CFL experience. These are all guys that are very well-versed in the CFL game. They're going to be well-prepared."

Jovon Johnson will face his former team as a member of Ottawa's secondary. He said it will feel a little strange not to be playing with the Bombers, who didn't want the former all-star and CFL's 2011 outstanding defensive player back.

While describing it as "a slap in the face," he said "that's just the way the business goes and I'm cool with that."

THE CANADIAN PRESS



Fred Rouse leads the Redblacks out from the locker room prior to a pre-season game against the Roughriders in Regina on June 14. The Redblacks play their first regular-season game on Thursday in Winnipeg.

BRENT JUST/GETTY IMAGES

Week 2 pick



Redblacks at Blue Bombers, Thursday, 8:30 p.m. (TSN)

Execution certainly wasn't a problem in Winnipeg's season opener. The Bombers were dominant in their 45-21 home victory over the Toronto Argonauts. Quarterback Drew Willy, signed as an off-season free agent, finished 19 of 27 passing for 308 yards and four TDs en route to being named league's offensive player of the week.

The Redblacks will be the first Ottawa team to play a CFL regular-season game since Nov. 5, 2005, when the former Renegades beat Toronto 27-17 at Lansdowne Park.

The Redblacks, who were 1-1 during the exhibition season, have plenty of CFL experience. Their roster features 30 players who saw action last season and the veterans have a combined 121 seasons of experience and played 1,675 career games.

That's over 400 more than Winnipeg has through last week's game.

Prediction: Winnipeg

Jays slugger takes parrot for walk-off win



Edwin Encarnacion reacts after hitting a walk-off home run against the Brewers on Wednesday at Rogers Centre. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

The Milwaukee Brewers could have intentionally walked Edwin Encarnacion to load the bases with two outs in the bottom of the ninth of a tie game.

Instead they decided to pitch to the Toronto slugger, and he ended the game in walk-off fashion.

Encarnacion turned on a 3-1 slider from Brandon Kintzler for a no-doubt three-run shot that gave the Blue Jays a 7-4 win over the Brewers on Wednesday afternoon.

"He hanged (it), I banged

On Wednesday

7

Blue Jays

4

Brewers

it," Encarnacion said.

The win gave Toronto (47-39) a two-game mini-sweep of Milwaukee (51-35) and extended the Blue Jays' lead atop the American League

East to 1-1/2 games over Baltimore. The Orioles were scheduled to play the Texas Rangers later Wednesday.

Encarnacion, who's now tied for the major-league lead with 26 homers, raised his arms in the air after finishing his swing. He dropped the bat, clapped his hands a few times and began to trot around the bases as the 24,286 fans at Rogers Centre roared in approval.

"For me it's the best moment you can have," Encarnacion said. THE CANADIAN PRESS

4 SPORTS

Bouchard, Raonic extend Canada Day

Wimbledon. Emerging young singles setting new standards for Canadian excellence

First there was Canada's Davis Cup semifinal appearance last fall. Next came Eugenie Bouchard's trip to the final four at the Australian Open early this year.

Now Bouchard is getting ready to play in her third straight Grand Slam semifinal at Wimbledon and this time she will be joined there by fellow Canadian Milos Raonic. It's the most significant achievement yet in the country's rise as a tennis power as no two Canadians have ever advanced this far at one major.

"I'm sure that the outbreak and the response back home is of much more magnitude than anything else that's happened or that's resonated," Raonic said Wednesday after defeating Australian wild card Nick Kyrgios 6-7 (4), 6-2, 6-4, 7-6 (4) to advance to his first career Grand Slam semifinal.

"I think not only (Bouchard) in the last two Slams, but us doing it at the same time here is bigger than anything we've done in Davis Cup, anything

Support from a trailblazer

"I'm telling you she's going to No. 1. I watched her play. I don't watch too much women's tennis, to be honest with you. I watched that match and I was just blown away."

Canadian Carling Bassett-Seguso — a former world No. 8 almost 30 years ago — predicting more success for Eugenie Bouchard



Canada's Milos Raonic celebrates after beating Nick Kyrgios of Australia on Wednesday at Wimbledon.

BEN CURTIS/THE ASSOCIATED PRESS

we've done at Fed Cup. It has a bigger audience, a bigger meaning, a bigger recognition."

Bouchard advanced to her third straight major semifinal by defeating Germany's Angelique Kerber 6-3, 6-4. The result is expected to move her

into eighth on the WTA rankings list Monday, equalling the Canadian-best ranking held by Carling Bassett-Seguso.

"I'm excited to be in the semis. But, of course, I'm never satisfied, so I definitely want to go a step further, or as far as I can," Bouchard said.

Both have their work cut out for them in the semifinals.

Raonic has not beaten his semifinal opponent, seven-time Wimbledon champion Roger Federer, in four career matches.

Bouchard has less history with her opponent, Romania's Simona Halep.

The Romanian won their

AUGMENTED REALITY

→ For more photos from Wimbledon on Wednesday, scan the image with your Metro News app.

→ See the full instructions on Metro's Voices page.



only meeting, on hardcourt at Indian Wells last March. But fourth-ranked Halep, like Bouchard, is a rising star.

THE CANADIAN PRESS



Brazilian striker Neymar injured his right knee against Chile but team doctors said he will be fit to play Friday against Colombia. TASSO MARCELO/AFP/GETTY IMAGES

World Cup. Colombians sure to push Brazil to limit

Brazil and Colombia enter the World Cup quarter-finals with totally different mindsets.

Brazil is surrounded by doubts after a more difficult start than expected to the tournament it is hosting. Colombia is upbeat after convincing performances and four straight wins.

While the hosts narrowly beat Chile in a penalty shootout to avoid elimination in the second round, the Colombians had a convincing 2-0 win over Uruguay to reach the quarter-finals for the first time.

The South American rivals play Friday in the northeastern city of Fortaleza, with Brazil hoping to keep alive its quest for a sixth World Cup title and Colombia aiming to extend its best ever run in football's showcase event.

Despite its tradition and home-field advantage, Brazil is far from a big favourite.

"It's normal to have people demanding that we play better," Brazil coach Luiz Felipe Scolari said. "But it's also normal what we have been seeing in this World Cup so far. There were a lot of even matches."

Colombia has won all of its matches without any real difficulty, thanks in part to the

Happy James



"We're very happy because we are making history. We

want to do even more because this is a team that really wants to win."

Colombia midfielder James Rodriguez, who leads the World Cup with five goals

tournament's second-best attack with 11 goals. It also has a strong defence with only two goals conceded. Brazil, meanwhile, has scored eight goals and conceded three.

Colombia has beaten Brazil only twice — the last time in the 1991 Copa America — but the teams have drawn the last four matches they played, including in a 2012 friendly in New York. THE ASSOCIATED PRESS

More online

Go to metronews.ca for more World Cup coverage.



Sao Paulo police use force

Cops turn stun grenades on fans

Police in Sao Paulo say they used stun grenades and tear gas to disperse thousands of fans celebrating Argentina's 1-0 World Cup win over Switzerland.

A Sao Paulo police department press officer says the partying by close to 3,000 people began Tuesday afternoon and only ended early Wednesday morning, "when we were called in to disperse the crowd that had gotten too rowdy."

THE ASSOCIATED PRESS

NHL free agency

Preds signs Jokinen to one-year deal

The Nashville Predators signed centre Olli Jokinen on Wednesday in their latest attempt to boost an offence that has lacked punch.

The 35-year-old Jokinen had 18 goals and 25 assists in 82 games last season for the Winnipeg Jets. He signed a one-year deal worth \$2.5 million.

The Predators ranked 19th in the league with 2.61 goals per game last season.

THE ASSOCIATED PRESS

OHL

Battalion centre banned for doping

North Bay Battalion centre Jamie Lewis has been suspended eight games for an anti-doping violation.

A urine sample collected during in-competition doping control in May revealed the presence of methylhexanamine, a prohibited stimulant, according to the Canadian Hockey League and the Canadian Centre for Ethics in Sport.

THE CANADIAN PRESS

NBA free agency

Hayward lands in lovely Cleveland

Gordon Hayward once named Cleveland his least favourite NBA city. He might have to change his mind.

Utah's restricted free agent small forward has scheduled a meeting with the Cavaliers, who have turned their sights to improving their roster after getting All-Star point guard Kyrie Irving to agree to a contract extension.

THE ASSOCIATED PRESS

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FINALLY, after so many years I can say I'm happy again. So many years, my life was all problems or ailments, something was always wrong. Tired, I heard about you and visited you and you showed me the bad energy that had been in me for so long and was transferred to my kids, and that was the reason of my misfortunes. Thank!

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- I reveal your enemies to you

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OTTAWA

Horoscopes

Aries

March 21 - April 20
Don't worry too much about details today. Instead, focus on the bigger picture. That applies as much to your personal life as it does to your work. Don't let loved ones pin you down to plans that stifle your creativity.

Taurus

April 21 - May 21
There is no need to be quite so competitive. The planets indicate if you relax, the rewards will be greater than you imagined. And, you won't have wasted time and your energy on senseless rivalries.

Gemini

May 22 - June 21
With Venus moving through your birth sign, you seem to be more mellow than usual and that's good. It's also necessary as something is about to occur that will take you by surprise.

Cancer

June 22 - July 23
Don't expect everything to go according to plan today. It may be that a colleague is jealous of your success and will say things that are designed to undermine you. Don't take them seriously.

Leo

July 24 - Aug. 23
Over the next 24 hours something will make you want to let the world know what a passionate human being you can be. The only danger is you will come on too strong and frighten special someone away.

Virgo

Aug. 24 - Sept. 23
Put chores out of your mind and focus on what makes you feel good about yourself. Think of dreams you had and plans you made and give yourself credit for coming this far.

Libra

Sept. 24 - Oct. 23
Travel and social plans may be disrupted today, so try not to make promises you won't be able to keep. There is no point trying to look too far ahead.

Scorpio

Oct. 24 - Nov. 22
What happens today will bring a chance to make much-needed cash but you are going to have to be less conservative in your money-making ventures. You don't have to gamble but be open to alternative possibilities.

Sagittarius

Nov. 23 - Dec. 21
Break a few rules today. The planets are urging you to do something that stirs things up a bit in your quiet little corner of the world. Rock the boat and see who falls out.

Capricorn

Dec. 22 - Jan. 20
As Venus, planet of harmony, is moving through the area of your chart that governs your wellbeing, take things easy today. That's easy by Capricorn standards — people will still get exhausted just watching you.

Aquarius

Jan. 21 - Feb. 19
Your passion for a creative project knows no bounds. There is, however, a danger that you could lose touch with reality and allow it to become all-consuming. Don't forget to come up for air, occasionally.

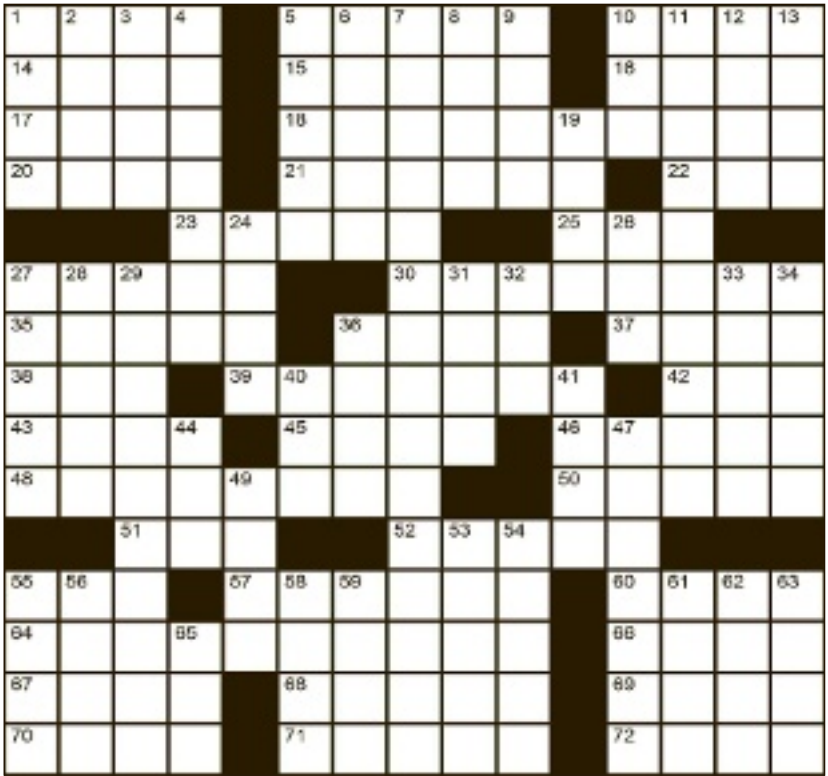
Pisces

Feb. 20 - March 20
Feelings you have been keeping hidden will burst out for the world to see today and, yes, it will be embarrassing. But better to be embarrassed than to go on pretending you don't care. You always care. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- The Four ___ (Canadian singing quartet)
- Gawk
- Pinnacle
- Division
- Curved
- "The Maple Leaf Forever" composer: Alexander ___ (b.1830 - d.1906)
- And, e.g.
- GGFG = Governor General's ___
- "On the Loose" is by which Canadian rock band?
- One who evades
- Fragment
- Soil fertilizers
- Sad ER declaration
- Streetside 'steeping' spots
- Casey or Fin-negan, e.g.: 2 wds.
- Provide cheer
- "Bye!"
- Fight
- ___ Tin Tin
- Crop ___ (Designs in the wheatfields)
- French season
- Requests
- 1990s kind of party
- Actress Amy
- "The Fault in Our Stars" (2014) star Ms. Woodley
- Bothers
- Nero's 511
- Excavation extrac-tion
- Dined



- Paltry
- Canadian song-stress, Shakura S' ___
- Gen-Xer's kid, perhaps
- "Canadian ___"
- Great Lake
- ___ (\$1,000)
- Film holder
- Crew ___ top
- Celine's hubby,

- and namesakes
72. Simple

Down

- Montreal-born hockey great Mr. Robitaille's
- Kind of buffalo
- ___-dong! (Doorbell sound)
- ___ Village (Win-

- nipeg neighbour-hood)
5. More secure
6. Web forum annoy-er
7. When a musician 'unplugs' he/she is doing a what of their song?: 2 wds.
8. Like a brought-back-to-the-store item

- [abbr.]
9. The ___ (U2 guitar-ist)
10. Li'l music trophy
11. House's exterior as landscaping, etc. in real estate: 2 wds.
12. 'Noon' in Nice
13. In the past, in verse
19. Language of

- Pakistan
24. "Hey! Hold on ___!"
26. Ancient Rome: Harvest goddess
27. Org. that handles the Juno Awards
28. "Witness" (1985) folk
29. "One Nation Under a Groove" band
31. Low-lying area
32. 'P' in literary monogram EAP
33. Celebrated currants-created Cake communication: 2 wds.
34. Hair lock
36. Ocean Spray fla-vour, ___-Raspberry
40. Anger
41. Wrapped garment
44. VI
47. Veronic ___ (Can-adian impersonator whose repertoire includes Adele and Lady Gaga)
49. Citrus fruit
53. Uplift
54. Mr. Lovett's
55. Church word!
56. Canadian ___ 'Money'
58. Bldg. planner
59. Canadian chef Ms. Yarmowich
61. Brain wave
62. John and Jane
63. Friendly nation
65. Currency in Albania

Yesterday's Crossword

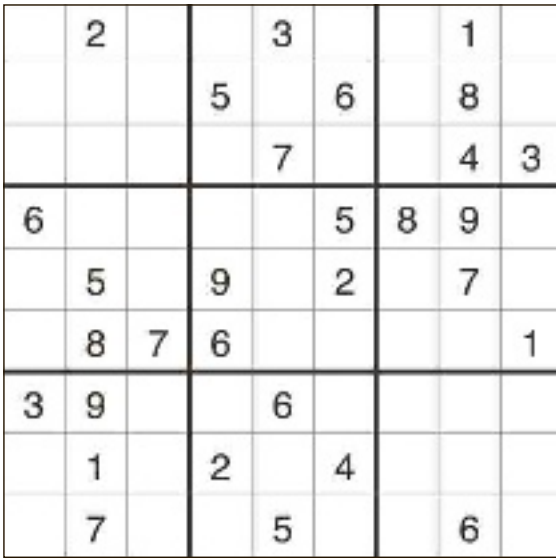


Sudoku

How to play

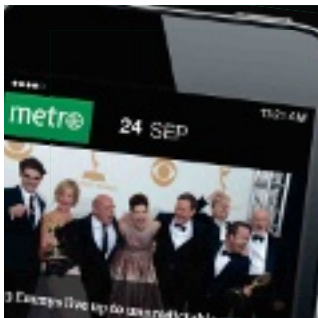
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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